John Ortega
Iowa

In 1982, I went to the hospital thinking I was having a heart attack. The doctor found out after tests, that it was a severe case of heartburn brought about by smoking. He suggested I get x-rays of my lungs. They found scar tissue, but it was caused from bouts with pneumonia. The doctor suggested I quit smoking to be safe. I had a pack of cigarettes in my pocket and I finished them and have not smoked since. I quit smoking after 19 years.